

# Peach or Strawberry Salsa

- This recipe is a good way to use over-ripe strawberries or peaches.
- Serve as a snack with tortilla chips or on top of grilled or baked fish or chicken as a relish.
- Strawberries and peaches are a good source of vitamin C and are cheapest when you buy them in April, May or June in Georgia because they are in season.
- Peaches are the sweetest when they are easy to press into with your finger and they do not bounce back. If your peaches aren't soft, place them in a paper bag or stem side down on a dish towel and check them daily.

<b>Nutrition Facts</b>	
6 servings per container	
<b>Serving size</b>	<b>1/4 cup (135g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>50</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 100mg	<b>4%</b>
<b>Total Carbohydrate</b> 13g	<b>5%</b>
Dietary Fiber 2g	<b>7%</b>
Total Sugars 10g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 1g	
Vitamin D 0mcg	<b>0%</b>
Calcium 13mg	<b>2%</b>
Iron 0mg	<b>0%</b>
Potassium 262mg	<b>6%</b>
<small>*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

# Peach or Strawberry Salsa

Servings: 6

Prep Time: less than 20 minutes



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## Ingredients:

- 4 peaches or 1 pint of strawberries
- 1-2 Tablespoons lime juice (about 1-2 limes, juiced)
- 1/2 red onion, diced
- 2 garlic cloves, minced or 1/2 Tablespoon garlic powder
- 1 cup cilantro (about 1/2 of a bunch) chopped
- 1 jalapeño pepper (optional)
- Salt and pepper, to taste

## Directions:

1. Wash all fresh fruits, vegetables and herbs.
2. Cut around peach pits and twist sides to remove pit, then cut peaches into 1/4-inch pieces. If using strawberries, remove stems and cut into 1/4-inch pieces.
3. Remove seeds from jalapeño pepper and chop into tiny pieces (**mince**). Optional: for extra spicy salsa, add seeds back to taste.
4. Peel onion and garlic. Rinse and **dice** onion. **Mince** garlic.
5. Rinse cilantro and **dry** with a towel. Chop leaves and stems together.
6. Add all ingredients to a large bowl and mix well.
7. Add lime juice and a sprinkle of salt to taste.
8. Best served **cold!**

\*Nutrition label based on using peaches. For strawberries: 5g carbohydrates, 3g fiber, 3g sugar, 113mg potassium, 14 mg calcium